

Wellbeing and Mental Health Apps



pathfinder
west sussex

Self-Management

	<p>Wellness Recovery Action Plan (WRAP) <i>Free and available for App Store and Play store.</i></p> <ul style="list-style-type: none"> • The WRAP is a simple and powerful process for creating the life and wellness you want. • Using the WRAP App, you can develop your WRAP, carry it with you wherever you go and share it with whomever you want. • Based on the WRAP Workbook, the WRAP App walks you through the process of creating your personal WRAP. Use it on your own, with a friend or supporter, or in a WRAP group.
	<p>Recovery Path <i>Free to download and available on App Store as well as Playstore</i></p> <ul style="list-style-type: none"> • For people with addictive behaviour • This app offers many strategies to overcome cravings and supports the user to develop a path to sustained recovery, share progress with others and receive support.
	<p>MyPlan</p> <ul style="list-style-type: none"> • MyPlan is a tool to help women with safety decisions, such as abuse in their intimate relationship. It is for the sufferer themselves, or someone who cares about them. • Taking the user step by step through the issues it covers items such as: healthy relationships; red flags; my friend/family's safety; my priorities; my plan.
	<p>Virtual Hope Box <i>Free. Available on Android and Apple</i></p> <p>https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en</p> <ul style="list-style-type: none"> • Designed by service users and health providers, this app has simple tools to cope with coping and positive thinking as an accessory to treatment. • It can be personalised by the service users together with their health providers to meet specific needs, and can then be used independently.

Coping with Mental Health

	<p>nOCD: <i>Free. Available on Android and Apple</i></p> <ul style="list-style-type: none"> • Designed for people suffering with OCD. • This app was designed with the help of OCD specialists and patients to incorporate two treatments: Mindfulness and Exposure Response Prevention Treatment. • You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way. One user calls nOCD “a free therapist in your pocket!”
	<p>AIMS for Anger Management <i>Free to install Available on Play store</i></p> <ul style="list-style-type: none"> • AIMS is designed for Veterans and military Service members but can be used by anyone coping with anger problems. • The AIMS app is based on the Anger and irritability Management Skills online self-help course (http://www.VeteranTraining.va.gov/aims/) .

	<ul style="list-style-type: none"> The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, and other tools to help manage anger.
	<p>Stem 4: Calm Harm</p> <p>https://play.google.com/store/apps/details?id=uk.org.stem4.stem4&hl=en GB</p> <ul style="list-style-type: none"> An app dealing with the ‘wave’ like features of self-harm. It gives you 4, 5 or 15 minute activities when you are having thoughts of self-harm: comfort, distractions, expression, and release with the added option of a random button which selects a category for you. After the set time it asks you to rate your self-harm emotional states: how strong was the urge, how many different activities you tried, did the activity help, and why did you get the urge in the first place (including a ‘don’t know’ option). It then takes you to the final page which offers some advice and websites for your specific answers. Whilst it is designed for young people it is helpful enough to be universal.
	<p>Cove: music for mental health</p> <ul style="list-style-type: none"> To help with managing emotions. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.
	<p>DBT112 <i>Free. Available on Android</i></p> <p>https://play.google.com/store/search?q=dbt112&c=apps&hl=en GB</p> <ul style="list-style-type: none"> For people struggling with either emotionally unstable personality disorder, PTSD, or who suffer from dissociative symptoms. Contains an ‘In Crisis’ section which allows you to use Mindfulness and grounding techniques, enables you to have a crisis list for relapse prevention, and a flashback section. The modules are based on the DBT model and include Mindfulness, emotional regulation, relations, distress tolerance, validation, and also has a diary card section. The final section includes: strengthening thoughts, alternative thoughts, weekly tips, and affirmations.
	<p>MeeTwo <i>Free. Available on Android and Apple</i></p> <ul style="list-style-type: none"> The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.
	<p>MY3 <i>Free</i></p> <ul style="list-style-type: none"> MY3 is aimed at people who are depressed and suicidal It trains users to recognise suicide warning signs in others and stay connected to their supportive network. MY3 asks you to choose three close contacts that you feel comfortable reaching out to when you’re down and keeps you connected to this core network. It helps you create your own safety plan asking you to think through and list your own warning signs, coping strategies and support network, so that you can easily act when you recognize your warning signs.

	<p>distrACT <i>Free. Available on Android and Apple</i></p> <ul style="list-style-type: none"> • This app is for anyone who struggles with self-harm or thoughts of suicide • It gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. • The content has been created by doctors and experts in self-harming and suicide prevention.
	<p>BlueIce <i>Free - but not readily available on Apple or Android</i> https:// www.nhs.uk/apps-library/blueice/</p> <ul style="list-style-type: none"> • BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. • It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.
	<p>PTSD Coach <i>Free. Available on Android and Apple.</i></p> <ul style="list-style-type: none"> • Designed for people suffering PTSD this offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. • The user can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.

Managing Stress, Depression and Anxiety

	<p>CBT Thought Record Diary</p> <ul style="list-style-type: none"> • The centrepiece of cognitive-behavioural therapy is changing your emotions by identifying negative and distorted thinking patterns. • You can use CBT Thought Record Diary to document negative emotions, analyse flaws in your thinking, and re-evaluate your thoughts. • It can also be used as a daily thought tracker
	<p>Stop Panic and Anxiety <i>Free</i></p> <ul style="list-style-type: none"> • This app is specifically for those who suffer with panic attacks due to a Panic disorder, as opposed to those with other forms of anxiety. • It focusses on the fear of having a panic attack and the fear of the sensations when having a panic attack. • As well as articles, diary and training materials it also teaches relaxation techniques
	<p>IMoodJournal <i>Cost: £1.79</i></p> <ul style="list-style-type: none"> • Designed for people with bipolar disorder. • Part personal journal and part mood tracker it is a way in which to keep notes of overall wellbeing, record thoughts and experiences. • It allows the user to set up automated reminders for updating the journal. • Helps the user to spot triggers to emotional swings.
	<p>Beat Panic <i>£0.99 Free: available on Apple</i></p> <ul style="list-style-type: none"> • Beat Panic is designed as an Apple product to guide through a panic attack or raised anxiety using their phone.

	<p>*Note: This site has been updated and is currently under reassessment.</p>
	<p>MoodTools <i>Free</i></p> <ul style="list-style-type: none"> • MoodTools aims to support people with clinical depression by aiding the path to recovery. • This app provides a suite of different tools to help the user lift their mood, including: thought diary, activities, safety plan, information, video, and a test. • The user log and analyse their thoughts using Cognitive Behavioural Therapy (CBT) principles, develop a suicide safety plan and more with this free app.
	<p>What's Up <i>Free</i></p> <ul style="list-style-type: none"> • For people coping with Depression, Anxiety, Stress and Anger. • It uses Cognitive Behavioral Therapy and Acceptance and Commitment Therapy. • There is a positive and negative habit tracker that can be used to maintain good habits and break any that are counterproductive. • The Get Grounded section, contains questions to pinpoint feelings, • The 'Thinking Patterns' section teaches methods to stop the negative internal monologues.
	<p>SAM: Self-help for anxiety management <i>Free and available on Android and Apple</i> https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en_GB</p> <ul style="list-style-type: none"> • SAM is designed for people who want to use self-help. • Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. • You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.
	<p>SilverCloud <i>Free</i></p> <ul style="list-style-type: none"> • SilverCloud is an online course to help the user to manage stress, anxiety and depression. • It involves working through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.
	<p>Happify <i>Free. Available on Apple and Android</i></p> <ul style="list-style-type: none"> • Designed to help reduce stress and overcome negative thoughts. • It is a mood-training program that enables the participant to access various engaging use games, activity suggestions, gratitude prompts and more to train the brain as if it were a muscle, to overcome negative thoughts.
	<p>My Possible Self: The Mental Health App <i>Free</i></p> <ul style="list-style-type: none"> • This enables the user to take control of their thoughts, feelings and behaviour. • There are simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. • Record your experiences and track symptoms to better understand your mental health.

	<p>Worry Time <i>Free and available on Apple</i> https://play.google.com/store/apps/details?id=air.au.com.reachout.worrytime&hl=en_GB</p> <ul style="list-style-type: none">• This app allows the user to write down and park their worries and sets aside a specific time to spend on them, anything from 5-20 minutes.• With each worry, during worry time, the user can add possible solutions to them and test these out.• When the user has finished with their worries they can 'screw them up' as each one is designed to look like pieces of paper. The user can look at their worries in the history section of the app to see if there are any patterns that they may not have seen before.
	<p>Worry Watch</p> <ul style="list-style-type: none">• Worry Watch aims to help users identify their trigger points for anxiety, note trends in their feelings, reflect on when the outcomes were harmless, and change their thinking patterns for the future.
	<p>Stress & Anxiety Companion <i>Free - or, for the full toolkit, £2.39 a month, or £15.49 a year</i></p> <ul style="list-style-type: none">• Stress & Anxiety Companion helps to handle stress and anxiety on-the-go.• It offers breathing exercises, relaxing music and games designed to calm the mind.• It helps to change negative thoughts to help better cope with life's ups and downs.

Eating Disorders

	<p>Eat Breathe Thrive <i>Free. Available on Apple only</i></p> <ul style="list-style-type: none"> • This aims to prevent and help individuals overcome and maintain their recovery from eating disorders. • It helps to overcome food and body image challenges; including overeating, dieting, and over-exercise. It provides skills and resources for healthy eating, emotional resilience, and positive embodiment.
	<p>Recovery Record <i>Free. Available on Apple</i></p> <ul style="list-style-type: none"> • Recovery Record is a great app for anyone recovering from an eating disorder and wanting to develop a more positive body image. • The user is able to keep a record of the meals they eat and how they make them feel • The app has questionnaires to help monitor progress over time.
	<p>Rise Up and Recover <i>Free. Available on Apple</i></p> <ul style="list-style-type: none"> • Quick coping strategies to deal with the urge to Rise Up + Recover enable the user to track their meals and how they feel when they eat them. • It also has the capacity to transcribe the user's progress into a PDF printout. Pull up the Rise + Recover app on your mobile when you feel the urge to binge or skip a meal, and need quick coping strategies.

Virtual Community

	<p>Stigma <i>Free. Available on App store</i> https://twitter.com/stigmaapp?lang=en</p> <ul style="list-style-type: none"> • This app contains a journal component of Stigma • The app's word cloud technology recognises which words you use the most when writing down your feelings allowing you to reflect on why these are your go-to emotions. • It also has a social network dimension, which allows users to connect with peers through messaging and share their journal too and get feedback if they would like support from others.
	<p>UCSF PRIME <i>Free to download and available on Google play and the App store</i></p> <ul style="list-style-type: none"> • This app connects people with Schizophrenia to their peers through a social network style interface. • It also lets users track "challenge goals," things they'd like to accomplish or improve about themselves.
	<p>Peanut: <i>Free</i></p> <ul style="list-style-type: none"> • A social network connecting women across fertility and motherhood. • The Peanut app makes it easy for mothers to meet up, share parenting advice and support each other. Find local, like-minded mothers to discuss all aspects of parenting online or face-to-face.
	<p>Elefriends: <i>Free to use. For over 17's only</i></p> <ul style="list-style-type: none"> • Elefriends is a supportive online community from the mental health charity Mind. • We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. • Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.

	<p>Stay Alive</p> <p>https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive&hl=en_GB</p> <ul style="list-style-type: none"> • This app provides advice and guidelines to help the user stay safe. • Stay connected to your network when you are in a time of crisis. • Each subsection has web-links, email addresses, and help numbers to call. • This app is also useful for users who may be worried about someone else.
	<p>Oviva <i>Free and available on Android and Apple</i></p> <ul style="list-style-type: none"> • Oviva offers personalised support from a specialist dietitian to help the user improve their health, achieve their goals and stay motivated. • Having accessed an Oviva programme, the user can use the app to keep a photo food diary and track progress against their personalised goals. • Their dietitian will support them by providing regular feedback on progress and helping to maintain a healthier lifestyle. • The user will also receive access to information tailored to specific needs, such as managing Type 2 Diabetes or healthy eating on a budget.

Healthy Living

	<p>Quit That! - Habit Tracker <i>Free: Only available on App store for iPhone and iPad.</i></p> <ul style="list-style-type: none"> • Quit That! helps users beat their habits or addictions: for people looking to stop drinking alcohol, quit smoking, or stop taking drugs, • It helps to track and monitor progress, vices and find out how many minutes, hours, days, weeks, or years it's been since quitting.
	<p>Evergreen Life: <i>Free and easy to find on android and Apple.</i></p> <ul style="list-style-type: none"> • Evergreen Life is a personal health record app that stores health information in one place. The user can also create an account on the Evergreen Life website. • It enables you to actively manage your health, fitness and wellbeing. For example, you can track your lifestyle goals, book GP appointments, order repeat medication, and view and download your medical record using either the app or the website.
	<p>Lifesum <i>Free and available on Android</i></p> <ul style="list-style-type: none"> • This app allows you to set personal goals, from eating healthier, to building more muscle and getting in more steps each day. • You can also enter your own personal data and let Lifesum generate a "Life Score" to get a personalized roadmap to better health. • With reminders to drink water and eat regularly throughout the day, Lifesum is a great option for anyone trying to live healthier, but for people with eating disorders, this app can be used to help you redefine how you think about healthy body image.
	<p>Liva UK <i>Free - available on Apple but not on Android</i></p> <p>https://www.nhs.uk/apps-library/liva-uk/</p> <ul style="list-style-type: none"> • The Liva app is a digital platform to help you manage conditions such as diabetes, heart problems and obesity, and make changes to your lifestyle. • Using patient self-monitoring and expert guidance from a dedicated coach, Liva lets

	you closely monitor your health and provides trusted support along the way.
	<p>Headspace</p> <p><i>Available on Android and Apple</i></p> <ul style="list-style-type: none"> Helps you to focus, breathe, stay calm, perform at your best, and get a better night's rest through developing the skills of relaxation.
	<p>Relax Melodies <i>Free. Available on Android and Apple</i></p> <p>https://play.google.com/store/apps/details?id=ipnossoft.rma.free&hl=en_GB</p> <ul style="list-style-type: none"> A relaxation and sleep app which allows the user to create their own ambient sound in a mix and match style. It has in built meditations which are ok but it has an American accent which is rather off putting.
	<p>Calm <i>Free and Available on Apple and Android</i></p> <ul style="list-style-type: none"> Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.
	<p>Relax Lite (with Andrew Johnson) <i>Free. Available on Android and Apple</i></p> <p>https://play.google.com/store/apps/details?id=com.hivebrain.andrewjohnson.relaxlite&hl=en_GB</p> <ul style="list-style-type: none"> Using some hypnotherapy techniques and mindfulness this 10 minute app allows you to relax and also can aid sleep dependent on where you listen to it.
	<p>Feeling Good: Positive mind-set <i>Free and Available on Apple and Android</i></p> <ul style="list-style-type: none"> Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mind-set.

Sleep

	<p>Pzizz <i>Free Available on Apple and Android</i></p> <ul style="list-style-type: none"> The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.
	<p>Sleepio <i>Free Available on Apple</i></p> <ul style="list-style-type: none"> Sleepio is an online sleep improvement programme, clinically proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day. The programme is based on Cognitive Behavioural Therapy (CBT). You will learn cognitive techniques to help tackle the racing mind and behavioural strategies to help reset sleeping patterns naturally, without relying on sleeping pills.



Sleepstation *Free Not available on Apple or Android*

<https://www.sleepstation.org.uk/>

- Sleepstation is a 6-week online course for people who struggle to fall asleep or stay asleep through the night.
- The course is tailored to your needs, using the information you provide, and gives you access to a team of sleep experts who will offer helpful advice and support throughout.